

SELF-CARE WHEEL

LIFE

BALANCE

Physical

- Safe housing
- Regular medical care
- Eat Healthy • Exercise
- Be sexual • Get enough sleep
- Take vacations • Take time off
- Massages • Acupuncture
- Bubblebaths • Kiss
- Ask for nurture
- Take a walk • Turn off cell phone
- Get "me" time

Psychological

- Self-reflection
- Self-awareness • Journal
- Therapy • Sensory engagement
- Paint • Aromatherapy • Draw
- Go to symphony or ballet
- Relax in the sun • Garden
- Read a self-help book • Join a support group • Think about your positive qualities
- Practice asking and receiving help

Emotional

- Affirmations
- Self-love • Self-compassion
- Cry • Social justice engagement
- Laugh • Say "I Love You"
- Watch a funny movie
- Find a hobby • Flirt
- Buy yourself a present
- Cuddle with your pet
- Tell yourself "You are gorgeous!"
- Practice Forgiveness

Professional

- Take time for lunch
- Set boundaries • Do not work overtime
- Leave work at work
- Do not work during your time off
- Get regular supervision • Get support of colleagues • Take mental health days • Learn to say NO
- Plan your next career move • Take a class
- Take all vacation and sick days

Personal

- Learn who you are
- Figure out what you want in life • Plan Short and Long-term Goals
- Make a Vision Board
- Foster friendships • Go on dates
- Get coffee with a friend
- Get out of debt • Just relax
- Write a poem or a book • Spend time with your family • Cook out
- Learn to play guitar

Spiritual

- Self-reflection
- Go into nature
- Find spiritual community • Self-cherish
- Meditate • Sing • Dance
- Play • Be inspired
- Take yoga • Play with children
- Bathe in the ocean • Watch sunsets
- Pray • Find spiritual mentor
- Volunteer for a cause
- Foster self-forgiveness